

Tips for studying at home

YOU MAY FEEL THINGS ARE OUT-OF-CONTROL RIGHT NO. TRY TO BE PATIENT WITH YOURSELF AND YOUR TEACHERS DURING THIS TIME. TAKE CARE OF YOUR MENTAL WELLBEING FIRST WHILE ALSO ADJUSTING YOUR STUDY HABITS TO CREATE A SENSE OF CONTROL AND STRUCTURE.

STAY ORGANIZED



With so many changes happening, you might feel like it's your first day of school all over again. Make sure you stay as organized as possible. Find a space at home where it can be designated for your study time (avoid working on your bed). Write down all the assignments and their deadlines. Keep checking the calendar, it's easy to lose track of time.

SET A SCHEDULE



Set a schedule for yourself. Not having a set time for school can create confusion later on for you when you begin completing assignments. Make sure to set aside a time each day dedicated for school work (i.e. 1pm-4pm). This way you will reduce school related stress.

AVOID MULTITASKING

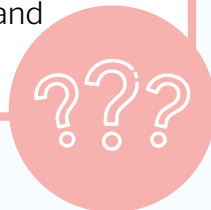
Try to focus on one thing at a time. When you start working on one assignment, don't start another one until the one you started is completed. Make sure the space you're working at does not have any distractions such as phone, tv, games etc.

REACHING OUT

If you are having difficulties accessing the online system or questions about the assigned school work, make sure to email and reach out to your teacher. Do not hesitate to get help. Reach out to local homework support clubs and ask if they have any support available online.

STAYING CONNECTED

If you are feeling overwhelmed and confused chances are you are not the only one. Make sure you reach out to your classmates and discuss class work and how you're feeling. Create a virtual study group where you all can share questions and concerns.



CONTACT US:

TEL: 519 973 5588 X 701

FOR SERVICE IN ENGLISH AND ARABIC:

TEL: 519 551 8922

FOR SERVICE IN ENGLISH AND MANDARIN:

TEL: 519 551 7878

EMAIL: MW@WWWIIV.ORG

WEBSITE: WWWIIV.ORG